CHRD 2022: Abstract & Poster Submission Form

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Presenter Status

○ Undergraduate Students

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Research Category

○ Basic Science

◉ Clinical

○ Community Health / Policy

Role in the project

☑ Design

☐ Perform Experiments

☑ Analyze Data

☑ Write Abstract

☐

Title

Feasibility and Acceptability of a Virtual ‘Coping with Brain Fog’ Intervention for Adolescents and Young Adults with Cancer

Background

Perceived cognitive deficits are common and debilitating among adolescents and young adults (AYAs, ages 18-40 years) diagnosed with cancer.

Objective

This study aimed to determine the feasibility and acceptability of a novel virtual psychoeducational 'Coping with Brain Fog' intervention among this population. Secondary aims were to explore the intervention's effect on cognitive functioning and psychological distress.

Methods

This pilot study involved eight weekly, 90-minute virtual group sessions. Sessions focused on memory skills, task management, and psychological well-being. Feasibility and acceptability were evaluated through attendance (>60% not missing two consecutive sessions), questionnaires, and exit interviews. Cognitive functioning (FACT-Cognitive Function Scale) and symptoms of distress (PROMIS Short Form – Anxiety/Depression/Fatigue) were measured before, after, and 6-8 weeks following the intervention. Summative content analysis and paired t-tests were used for qualitative and quantitative data analysis, respectively.

Results

Twelve participants were consented and enrolled. One participant withdrew after two sessions and 5 (42%) missed one session. All participants found the program positive and informative, and enjoyed the group format. 10 participants adopted strategies from the program into their lives, and 8 found improvement in their symptoms. 9 participants found the virtual format positive, however 5 participants would have preferred some elements of an in-person format. On quantitative analysis, there was statistically significant improvement in FACT-Cognitive Scale scores when comparing pre- to post-intervention (p-value 0.03) and pre- to 6-8 week post-intervention (p-value 0.03) scores.

Conclusion

The initial data demonstrate the feasibility and acceptability of the intervention. The program content and group format were well received. The virtual format improves accessibility for those who cannot attend sessions in-person. The qualitative and exploratory quantitative data indicate participants were findings subjective improvement in symptoms after the program. However, a larger scale clinical trial is needed to confirm the findings of this pilot study on symptoms of brain fog among AYAs with cancer.

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